

**Your TeamMSAC Training Groups –
to maximise results and assist in reaching your goals.**

Times	MON	TUE	WED	THU	FRI	SAT	SUN
6.15am	Peloton		Peloton	Boxing Circuit			
6.30am				Peloton			
7.00am		Peloton					
9.15am						Peloton	
9.20am		Peloton					
10.20am			Peloton				Peloton (10.15am)
6.00pm			Boxing Circuit	Peloton			
6.30pm		Running Group	Peloton TRX	Running Group			

Peloton Classes: Great for all levels of fitness training for Around the Bay in a Day, this group cycling class helps combine various motivational and sports psychology techniques to help participants improve cardiovascular fitness and expend energy in a controlled and focused session.

Meet in Peloton Room of Fitness Centre

Running Group: For those tackling the Melbourne Marathon events or Mother's Day Classic: participants experience hill runs, speed drills and time trials with a fun, motivating and challenging group of passionate runners.

Meet at bottom of lift in MSAC main foyer

TRX: Essential training for all events, especially running and swimming. The TRX Suspension Trainer uses your own body weight as resistance to stretch, tone and build muscle. You will instantly feel your core engage as you progress through a series of movements.

Meet at the TRX a-frame in MSAC main foyer

Boxing Circuit: Suitable for men and women at all levels of fitness. This dynamic class will alternate aerobic exercise with weight stations and boxing, getting you ready for all events on the TeamMSAC calendar. Boxing equipment will be provided in the class. Be prepared to sweat!

Meet in Circuit Room of Fitness Centre

* More training sessions will be introduced based on demand. To enquire about other group fitness classes visit our friendly staff in the Fitness Centre.